



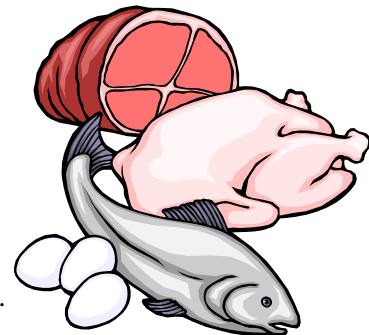
# Food Safety

## "Two Important Rules" for Safe Food Preparation

Right now, there may be an invisible enemy ready to strike. He's called BAC (bacteria) and he can make you sick. In fact, even though you can't see, smell, or feel BAC - he and millions more like him may be ready to invading your food products, kitchen surfaces and utensils without you knowing it. Stop BAC & his Army of millions. Know proper food preparation techniques prior to this year's picnic and BBQ season.

The First Rule of safe food preparation - Keep Everything Clean. The cleanliness rule applies to the area where food is prepared, as well as to the person preparing the food.

- Wash hands with soap and warm water for at least 20 seconds before starting to prepare a meal and after handling raw meal and poultry.
- Always wash and sanitize cutting boards and utensils prior to use and after using them for raw foods, such as beef, seafood or chicken.
- Do not put cooked meat on an unwashed plate that held raw meat. If you carry meat out to the grill on a platter, wash the platter before putting the cooked meat back on it.
- Wash fresh fruits and vegetables thoroughly by rinsing in warm water.



The Second Rule of safe food preparation - Keep HOT foods HOT and COLD foods COLD.

- Cooked food should not be left out for more than two hours. Disease-causing bacteria can grow in temperatures between 4 and 40 degrees C (40 to 140 degree F). Food that has been left out in this temperature range for more than two hours should not be eaten.
- If a dish is to be served hot, get it from the grill to the table as soon as possible. Reheated foods should be brought to a temperature of at least 74 degree C (165 degrees F) prior to eating. Cold foods should be kept in the refrigerator, ice cooler, or covered on a bed of ice until served.
- **Stop BAC before he has a chance to start.**
- **When going food shopping, don't leave food in the car too long.**
- **Food shopping should always be your last stop**
- **before returning home.**



Healthy Food Tips from the 233d BSB Safety Office  
"YOUR COMMUNITY CONNECTION TO SAFETY"

**BAC ATTACK**